Suicide Myths

Navy and Marine Corps Public Health Center

MYTH

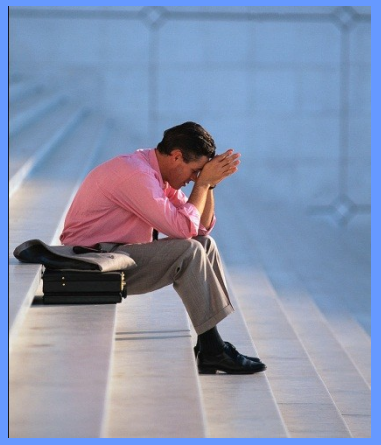
Suicide happens without any warning!

FACT

The person considering suicide often gives warning signs and clues that he/she is suicidal

MYTH

Suicidal persons keep their plans secret!



FACT

Most persons communicate their suicidal intent sometime during the week before their suicide attempt.

MYTH

Persons who talk about suicide do not attempt suicide!

FACT

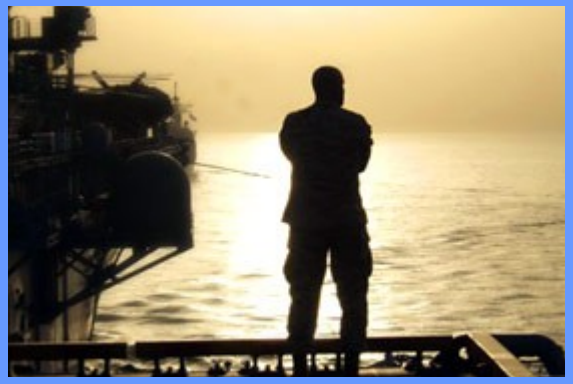
Persons who talk about suicide often attempt it and may even be successful!

MYTH

Suicidal people want to die!

FACT

Most suicidal persons are undecided and uncertain about living and dying…



MYTH

Discussing the topic of suicide may give someone the idea!

FACT

No one can give someone the idea of suicide!

Bringing up the issue of suicide is very helpful to the person who is experiencing emotional pain and wants help!

MYTH

Only experts can prevent a suicide!

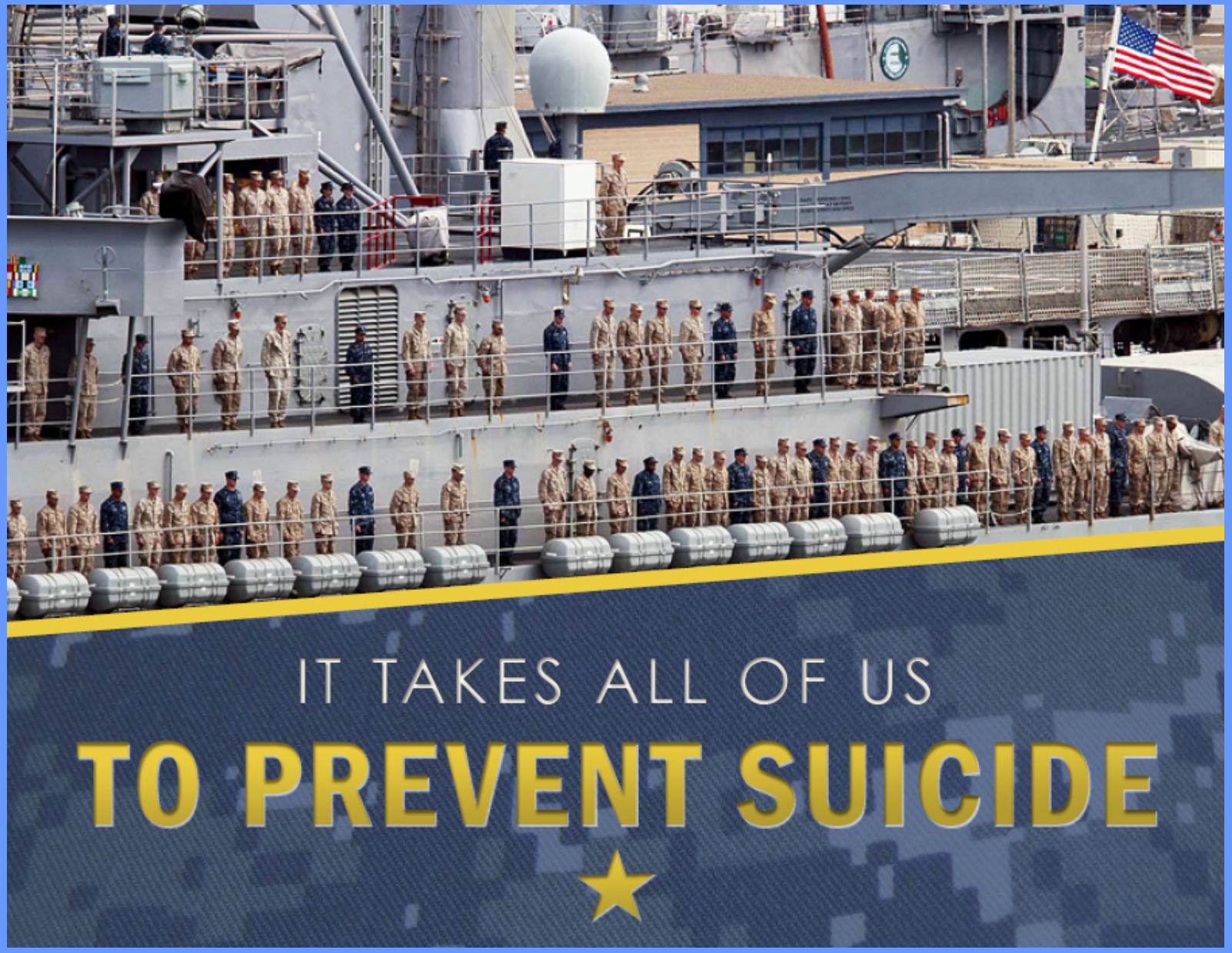
FACT

Suicide Prevention is *Everyone's Business!*

It takes all of us to save lives!

FACT

Anyone can take action to save a life!


IT TAKES ALL OF US
TO PREVENT SUICIDE

For additional information

American Association of Suicidiology

http://www.suicidology.org/web/guest/home

National Institute of Mental Health

http://www.nimh.nih.gov/health/publications/suicide-in-the-us-statistics-and-prevention/index.shtml

Navy Suicide Prevention Program

www.navy.suicide.mil